

## ABSTRACT

The present invention provides a recording method for recording information on a recording medium under one recording condition of a plurality of recording conditions. 5 The recording method includes the steps of: (a) recording a plurality of test information on the recording medium under the plurality of recording conditions; and (b) recording the information on the recording medium under one recording condition of the plurality of recording conditions, wherein 10 the step (b) includes: the step of (b-1) calculating differences between each of a plurality of test signals obtained by reproducing the plurality of test information recorded on the recording medium and at least one desired signal; and (b-2) selecting one recording condition of the 15 plurality of recording conditions by referring to the calculated differences.